MARTIN ON IGNATIEFF'S PATRIOT LOVE, PG6

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Celebrity Buzz

Pattinson in acting for the ladies
pg 22

Sports Hall of Fame headed to Calgary?

MUSEUM Calgary is one step closer to officially securing Canada's Sports Hall of Fame.

While Mayor Dave Bronconnier was tight-lipped following a closed door council meeting yesterday, he said the city is close to nailing down a significant bid for Calgary.

"This city, along with a number of cities, competes in bidding for a number of facilities and we would like to be successful," he said, responding to questions after Ald. Joe Ceci let it slip that council had been discussing a "sports museum."

Sources confirmed that Calgary has been named the new home for what is expected to be a $50 million museum that will be part of Canada Olympic Park's expansion plans.

The facility is shooting for a 2011 opening.

SHAWN LOGAN/FOR METRO CALGARY

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Class of '09 pgs 12-13

Spring means prom season

Entertainment pg 17

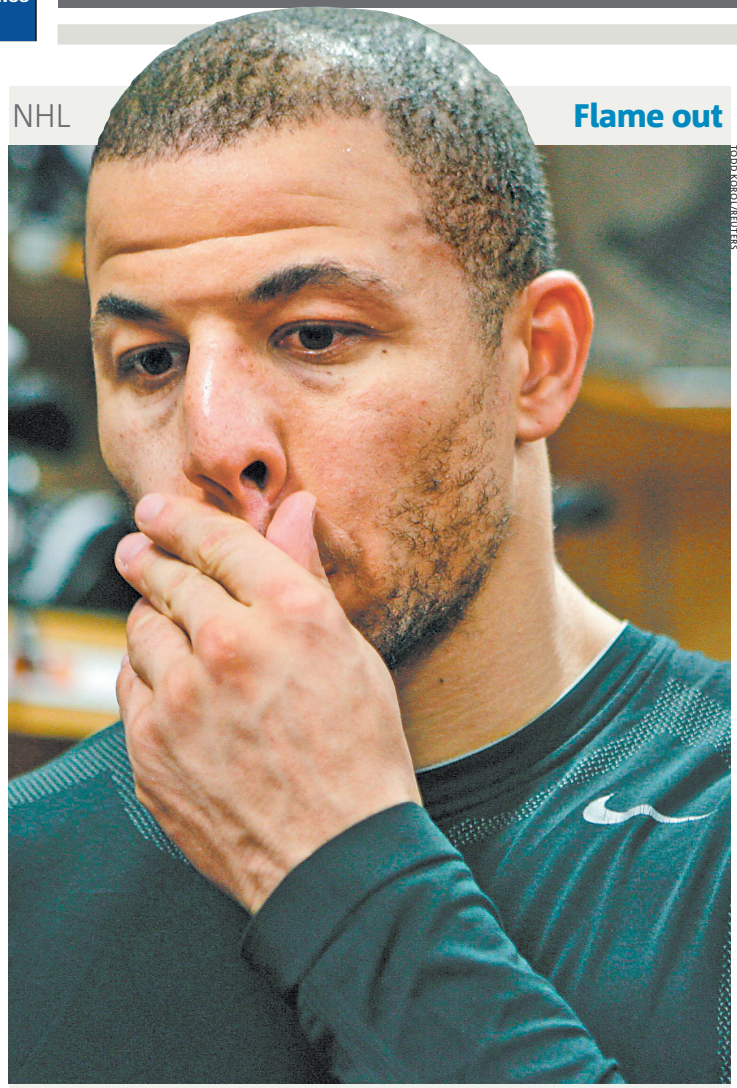
Death Row label's rebirth

Health pg 16

Sexual esteem in a bottle?

NHL

Flame out



TODD KOROL/REUTERS

Calgary Flames captain Jarome Iginla reacts to losing Game 6 of his NHL Western Conference quarterfinal hockey game last night against the Chicago Blackhawks in Calgary. The Flames lost 4-1.
Coverage, pg 10

Ald. wants parking fee dropped

Council misled, says Stevenson

SHAWN LOGAN
for Metro Calgary

Penny-pinching park-and-ride users resigned to plugging meters every time they use transit may have one last hope.

Ald. Jim Stevenson said he plans to resurrect debate on the controversial $3 parking charge because he thinks council was misled into believing only LRT users would have to pay the fee but he has since learned that those who take buses are on the hook as well.

"There were a lot of members of council who were not aware this was for all park and rides, both for LRT and buses," said Stevenson, who unsuccessfully tried yesterday to lift the fees prior to council finalizing its 2009 budget.

The northeast alderman said he would like to see the city tap into its Fiscal Stability Reserve, a rainy day fund for unexpected financial burdens, to lift the fee and help out cash-strapped transit users.

"This is a rainy day for the people of Calgary who continue to pay all these fees," Stevenson said, noting he will return to council with a motion to drop the fee in the next two weeks.

Ald. Stevenson

Currently there is $148 million in the city's Fiscal Sustainability Reserve.

Meanwhile, Calgary Transit and the Calgary Parking Authority had planned on investing around $2 million in new ParkPlus machines and signage for the program, about half of which has already been paid, said transit spokesman Ron Collins.

"We haven't put all of them in yet but we're planning on completing the rest by the end of May," he said.

No Alberta cases of swine flu, yet

JEFF CUMMINGS
Metro Canada

While no cases of swine flu have been reported in Alberta, the province's medical officer of health believes it's coming to Wild Rose Country.

"It's probably true that we will eventually get a case, I can't tell you when that will occur," said Dr. André Corriveau during a press conference yesterday.

Corriveau says emergency rooms, clinics and Alberta's Health Link line have experienced an increase in calls and visits from patients who believe they have symptoms or those who are getting information about the illness.

"Nothing is unmanageable at this point … things are still under control and we have the systems in place to react to cases if they do emerge in Alberta," said Corriveau.

It was unclear what the city's emergency preparedness support for Alberta Health Services would be after Metro questioned city officials on their role in the event of widespread appearance of the swine flu.

"We don't really have a health role. It's Alberta Health Services that takes the lead. They are really the ones responsible for situations like this, not us," Roger Matas, communications officer for the city's protective services said yesterday.

The city wouldn't comment further.

WITH FILES FROM KRISTA SYLVESTER

MORE COVERAGE, PGS 2, 3, 4

Red Mile quiet as Flames out

PLAYOFFS Flames fans were feeling many emotions last night after another first-round exit but surprise wasn't one of them.

It was another year of disappointment and heartbreak for fans like Tasheena Munro.

"The 'Hawks played hockey around us the whole series. We just couldn't keep up and they were the better team" Munro said.

A normally bustling Red Mile was predictably silent after the loss.

"It was quiet in the bar except for the Flames goal. People seemed more interested in drinking than cheering, but then again there wasn't much to cheer about" fan Josh Koeker said, adding some fans didn't even stay until the end of the game.

ROBIN KUNISKI/FOR METRO CALGARY

Jennifer Samaco and Teak Sato watch the Flames lose against the 'Hawks at Bob the Fish.

KRISTA SYLVESTER/METRO CALGARY

Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

Pilot arrested
An Air Canada pilot was arrested in London's Heathrow Airport before a scheduled Calgary flight on April 16 because security allegedly smelled alcohol on his breath. The 45-year-old was a relief pilot and not scheduled to fly that day. METRO CALGARY

Local

Free golf for a donation

Boulder Creek and Silverwing Golf courses are teaming up with United Way to support children and youth in the community by offering Calgarians free golf in exchange for a donation for United Way if they choose from opening day up until May 14. For more information or to register please visit chipincalgary.com. METRO CALGARY

Flu fears won't stop city bride

Couple says destination wedding will go ahead despite health panic in Mexico

SunnySide

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Excitement about her upcoming wedding in Mexico eclipses any concern a Calgary bride has about the swine flu outbreak in the panic-stricken region.

Penni Johnston, 35, and her 33-year-old fiancé are set to leave on Monday for their nuptials in Cancun, Mexico, with a wedding party of 40 in tow in the midst of a deadly outbreak.

"We're not letting it stop us from going or call off the wedding. We're just really excited about the vacation and the wedding and we will still be doing both," she said.

While Johnston is concerned, she said she feels safe at the resort for her two-week vacation after speaking with her doctor. Her doctor recommended they only travel if healthy and frequently wash their hands.

"I'm more worried about the plane ride, since it's such a confined space and we don't have a direct (US Airways) flight, but I'm sure everything will be fine," she said.

Johnston said out of her 40-person party, only two have expressed concern and even thought about cancelling the trip, including Stephanie Mantley from Toronto.

"I was pretty worried at first, but I wasn't sure how much is media hype and how much there is to be worried about," Mantley said.

"I'm going to go and just be extra careful and take precautions and try to have a good time anyways."

Other travellers are mixed about the situation, according to local travel agencies.

At the Airline Ticket Centre, a spokesperson said nobody has cancelled their travel plans as of yet and said people have still been enquiring about Mexico vacations.

Airlines allowing cancellations

- Air Canada and Westjet are allowing passengers with tickets to Mexico to change or cancel their plans with no penalty until Thursday. Air Canada spokesperson Angela Mah said only fights to Mexico City will have the fee waived, while Westjet will waive the fee for any Mexican destination.

Calgarians' travel plans have been dashed by the swine flu outbreak at metronews.ca/local

Council to meet privately about redrawing wards

POLITICS City council will meet behind closed doors to determine how their wards will be reshaped after an embattled alderman set to lose his east Calgary riding won a reprieve.

Ald. Andre Chabot has been fighting for his political life after his ward on the city's east side was selected to be moved to create a new northern riding as the city tries to balance out constituent populations prior to the 2010 election.

Council yesterday agreed to take another look at new boundaries proposed by Chabot that would allow him to retain his political base while ensuring ward populations remain equal.

A final report will come back to council by May 26.

SHAWN LOGAN/
FOR METRO CALGARY

News in brief

INQUIRY A fatality inquiry into the suicide of a 44-year-old woman who jumped to her death from a Peter Lougheed Centre window is complete. A judge has released recommendations regarding the suicide of outpatient Diana Yano, convicted of killed her two kids in 1999, who jumped out of a third story window of the hospital in 2006. One recommendation was to renovate to thwart future similar suicide attempts.

SMOKE PLUME A chemical smoke plume sent 33 children and 12 staff from a northwest daycare yesterday morning. Fire crews were called to the Bowness daycare after an alarm had sounded.

METRO CALGARY

Argument may have prompted attack: Cops

KRISTA SYLVESTER
krista.sylvester@metronews.ca

PUPPY Arguing owners may have prompted a vicious attack by a nine-month-old dog, forcing police to Taser it three times before its capture, police said yesterday.

A man and a woman in their 20s were walking the rare Presa Canario breed puppy in the northeast neighbourhood of Saddle Ridge around 12:30 a.m. when the dog turned on them.

"We believe the couple was arguing when the dog began biting them aggressively," Staff Sgt. Geoff Gawlinski said, adding they went to hospital with minor injuries.

Witnesses flagged down police and the dog was Tasered. When the dog continued to act aggressively towards police it was Tasered a second time before it fled.

Police followed the dog to the porch of a nearby home and after the police devised a plan to minimize collateral damage, the dog was Tasered a third time as it continued to act aggressively, according to Gawlinski.

Animal and bylaw services boss Bill Bruce said a full investigation will be launched before any decisions for the animal's fate will be made, but said this case is much different than another dog attack that occurred last Friday.

"In this case, the dog attacked its owners, and in the other case the dog got out of the yard and started attacking random strangers for no apparent reason," Bruce said.

The dog was not harmed and remains in animal services custody pending further investigation.

ROBIN KUNISKI/FOR METRO CALGARY

A nine-month-old rare Presa Canario breed of dog has been locked up at Animal Services after it attacked its owners early yesterday morning. A man and a woman were both taken to hospital with severe punctures and lacerations to the arms and hands.

City OK's reserve cash for cops

OPERATIONS City council will allow cops to tap into their red-light camera fund to pay for three ongoing gang operations.

Aldermen met behind closed doors yesterday before agreeing to a request from police Chief Rick Hanson to take $1 million from the reserve that is used to replace aging equipment.

Mayor Dave Bronconnier said he has no concerns about dipping into the $5-million account if it means tightening the snare on Calgary's violent gangs.

"Those reserve funds are just sitting in an account and this is a higher priority dealing with specific gang operations," he said.

"I think most Calgarians would like to see that money put to good use."

Last month police expanded the use of red-light cameras by including speed on green sensors, a move that is expected to significantly boost revenues.

SHAWN LOGAN/
FOR METRO CALGARY

Aldermanic grumbling doesn't stop mill rate from passing

SHAWN LOGAN
for Metro Calgary

COUNCIL Property tax bills that will cost the average homeowner $95 in 2009 will soon be in the mail after council approved the final mill rate yesterday.

Despite some last minute grumbling by some of council's fiscal hawks, aldermen voted 10-4 in favour of this year's 4.6 per cent hike, which will see the annual tax bill for the owner of a $427,500 jump to $2,138 when they arrive in mailboxes in June.

Dave Bronconnier

Mayor Dave Bronconnier, who accused some of his council colleagues of engaging in "political theatre," said Calgarians are still among the lowest-taxed residents in Canada.

"The city of Calgary has done a very good job keeping property taxes as low as they can be, and I don't know how you can go any lower than low," he said.

But Ald. Diane Colley-Urquhart, who voted against the mill rate, said it is cynical to continue increasing residential taxes on the same day Bronconnier pushed for a freeze on levies for developers.

"It's ironic that the same council meeting we're increasing property taxes we're giving a break to developers and giving them more time to pay," she said.

metronews.ca
WHAT'S ONLINE TODAY

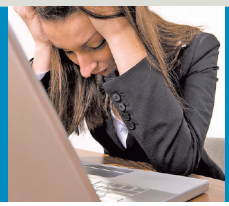
Video Children's hospital team specializes in training parents to feed sick children through intravenous feeding at **metronews.ca/local**

Video Swine flu fears lead to increased screening of incoming Mexican workers and officials urge Canadians to take measures to avoid the virus at **metronews.ca/canada**

Child healthy after spending night in forest

Quebec provincial police said it's a miracle a year-old boy was found in good health after he spent a cold night alone in a forest in the province's Eastern Townships. The child spent about 12 hours in the forest Saturday night wearing just a T-shirt and diaper in rainy, five-degree weather. CBC NEWS ONLINE

Canada



Job stress linked to depression

Want to reduce your risk of depression? Cut on-the-job stress. During a 10-year period, researchers found that workers who had high-strain jobs but then later perceived their work as less stressful had the same risk of major depression as their peers in low-strain jobs. "These results indicated that interventions targeted to reducing job strain may significantly reduce the risk of depression," Dr. Jian Li Wang of the University of Calgary said in a study in the American Journal of Epidemiology. REUTERS

Flu treatable: Expert

Microbiologist says early care, anti-viral drugs effective

The disease may be the same, but Canadians likely have a more robust immunity to a swine flu outbreak than people in Mexico, where it has killed up to 150.

The ailment appears to be eminently treatable if caught early, which is more likely to happen here with our ready access to care and vigilant public-health system, says a top Canadian microbiologist.

Bhagirath Singh, head of infectious disease with the Canadian Institutes of Health Research, said early treatment of the flu with common anti-viral drugs appears to provide an effective antidote.

With public-health agencies poised to pounce on and treat any suspected cases, he said, Canadians may not have to worry about it causing widespread mortality here.

While Singh stressed it is too early to know what has caused the mortality difference between Canada and Mexico, he said earlier access to treatment is a likely explanation.

The disease combines portions of four different influenza strains in ways never seen before, experts say.

Nevertheless, it appears to be readily controlled by the two common influenza drugs, Tamiflu and Relenza, said Dr. Susy Hota, an infection-control specialist at Toronto's University Health Network.

TORSTAR NEWS SERVICE

FELIPE LEON/REUTERS

Canadian tourists, about to board a plane home, put on surgical masks as they walk inside Mexico City's international airport Benito Juarez yesterday. Flight crews wore the masks while passengers were given the option to wear them.

Officials expect swine flu deaths

ILLNESS Canadian officials yesterday predicted some people in Canada would die from a swine flu outbreak that started in Mexico and said they might advise citizens to avoid non-essential travel to Mexico.

Canada has six confirmed cases of swine flu, all of them mild.

"Simply because we're seeing mild symptoms so far does not mean we can take this for granted. We will likely see more cases, we will likely see more severe illnesses and we will likely — unfortunately — see some deaths as well," Canadian chief public-health officer David Butler-Jones told a briefing.

> **"Simply because we're seeing mild symptoms so far does not mean we can take this for granted ... We will likely ... see some deaths."**
> David Butler-Jones

"We hope not. But that is a normal part of an influenza outbreak of any type."

In the western province of Saskatchewan, health officials said they were awaiting laboratory results on three possible human cases of swine flu. The trio has shown flu-like symptoms and either been to Mexico in the last 10 days or come in close contact with others who have.

REUTERS

News in brief

INQUIRY Fred Doucet, a former chief of staff to Brian Mulroney, testified yesterday at a public inquiry that is probing business dealings between Mulroney and Karlheinz Schreiber that he has "no memory" of a memo written to Schreiber confirming that Airbus planes had been delivered to Air Canada.

TORSTAR NEWS SERVICE

Obama aide touted as envoy

AMBASSADOR He was once described as having a mix of "entrepreneurial know-how and evangelistic zeal," and a preference for black T-shirts and four-day-old beards over suits and ties.

Meet David Jacobson, a senior fundraiser for Barack Obama who is poised to become the next United States ambassador to Canada.

This "smart, talented" Chicago lawyer would be an "inspired choice," Washington sources say.

Reached at the White House yesterday, Jacobson, 57, politely declined to talk about the speculation he would soon be coming to Ottawa to represent the United States.

As deputy finance chair of Obama's campaign, helping to deliver millions of dollars in donations, Jacobson likely had his pick of political postings.

TORSTAR NEWS SERVICE

Canada places no travel ban on Mexican migrant workers

OUTBREAK U.S. and Canadian authorities have imposed no travel restrictions on thousands of temporary Mexican migrant workers in response to the swine flu outbreak, and farmers say they have no immediate concerns about worker shortages.

Governments around the world rushed to reduce the impact of a possible flu pandemic yesterday, as a virus that has killed up to 149 people in Mexico and spread to the United States and Canada also reached Europe.

In Canada, where thousands of Mexican temporary workers labour in intensive fruit and vegetable farms, authorities said no restrictions were currently imposed on travel, although temporary workers were being screened carefully before departure from Mexico. REUTERS

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'Swine flu' tag not accurate, animal health body says

The flu virus spreading around the world should not be called "swine flu," as it also contains avian and human components and no pig has been found ill with the disease so far, the World Animal Health body said yesterday. A more logical name for it would be "North American influenza." REUTERS

World

Breastfeeding helps mothers

Breast is best, not only for the infant but also for the mother. New research shows that extended breastfeeding may lower the mother's risk of high blood pressure, diabetes, high cholesterol and cardiovascular disease after menopause. The finding, which is reported in the journal Obstetrics and Gynecology, is based on a study of 140,000 mothers who breast-fed their infants. REUTERS

Flu pandemic status nears

DISEASE The new virus that has killed up to 149 people in Mexico prompted the World Health Organization to move closer yesterday to declaring it the first flu pandemic in 40 years as more people were infected in the U.S. and Europe.

The WHO raised its pandemic-alert level for the swine flu virus to Phase 4, indicating a significantly higher risk of a global outbreak of a serious disease.

The last such outbreak, a "Hong Kong" flu pandemic in 1968, killed about one million people.

Although the new flu strain has so far killed people only in Mexico, there were more than 40 confirmed cases in the U.S., including 20 at a New York City school.

In Mexico City, fearful Christians paraded a centuries-old statue of Jesus, believed to protect against disease, through the streets for the first time in more than a century.

A man who returned to Spain from a trip to Mexico last week was found to have the virus.

Texas health authorities confirmed a third case, and California said it now had 11 confirmed cases. REUTERS

VINCENT YU/REUTERS

A health worker stands ready to ask passengers to remove any headgear before temperature screenings at the International Airport in Hong Kong yesterday.

Thieves in surgical masks hold up Mexico City store

THEFT Three armed thieves wore the blue surgical masks now ubiquitous in flu-hit Mexico City to hide their faces as they robbed watches from a department store, Mexican media said yesterday.

Employees at a branch of the Sanborns department store said the thieves slipped through the shop on Sunday, blending into a sea of masked shoppers.

One of the robbers threatened store assistants with a gun while another helped himself to watches from the jewelry department. REUTERS

News in brief

AFGHANISTAN President Hamid Karzai said yesterday the Justice Ministry was amending a controversial law that contains harsh provisions on Shiite women that critics have called a step back towards Taliban-era controls. Karzai said the law would be changed to bring it in line with the constitution, which guarantees equal rights for women, and international treaties. REUTERS

INFORMATION FEATURE

Peer pressure can lead to gangs

Once in a gang, kids can feel trapped, often afraid to seek help for fear of reprisal, says Kids Help Phone counsellor Maria Montanaro.

GANGS Gangs threaten to claim the lives and futures of kids, but there is hope — and real help — found in reaching out.

After being seduced by the prospects of power and money into joining a gang, many kids quickly realize the dangers are far more real and benefits far less glamourous than they had initially imagined.

Once the fantasy of gang life wears off and harsh reality sets in, kids looking for a way out can feel trapped, hopeless and scared.

"There are real dangers and real risks when you're in a gang," said Maria Montanaro, a counsellor at Kids Help Phone. Montanaro, 50, has counselled kids at Kids Help Phone for 10 years and spent 15 years before that working as a youth protection worker.

Montanaro says kids get pulled into gangs for many different reasons, often hoping for a sense of belonging and acceptance, to feel protected, or because of peer pressure by friends or even family members who are already in gangs. Once there, many kids realize that gang life is scary and dangerous, and a large number of gang-related calls Kids Help Phone gets are from kids who have gotten into gangs and want to find a way out.

Contact

- Kids Help Phone can be reached at 1-800-668-6868.

"Often they're not finding the acceptance they were looking for, or they might have seen something happen they don't agree with. Often they're telling us, 'This is not what I wanted to get into,'" Montanaro said.

Once inside a gang, kids can feel trapped and vulnerable and be afraid to seek help for fear of reprisals from the gang, and the more entrenched in a gang a kid is, the stronger those feelings of helplessness can get.

"Kids don't always have the life skills or the coping mechanisms to know what to do — for kids who are involved in hardcore gangs, it can be very difficult to make that call," Montanaro said.

No matter how bad things can seem for kids stuck in a gang, there is a lot of help out there and the first step can be making a call to Kids Help Phone, where conversations are completely anonymous and counsellors never pressure kids to take steps they don't feel comfortable in taking.

"There are no strings attached. We don't track down phone numbers and we don't ask who you are. We work with kids to let them come up with their own conclusions," Montanaro said.

The most important step, Montanaro says, is to realize that gang life doesn't have to be a prison, and if something doesn't feel right, you need to seek help.

"If you feel like this is not OK, listen to that gut feeling."

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Comment & Views

Comment

A Liberal romantic in our midst

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Michael Ignatieff's new book serves a stabbingly clear purpose. When you've been out of the country so long that you're accused of being a stranger in your own land, how about titling your book, True Patriot Love, as a shin-kicking riposte?

The little volume, published by the Penguin Group, has a big first print run of 22,000. There's a lot riding on it. Not only does the Liberal leader want to dispel any suggestion of unfamiliarity with the country, he is seeking to present himself as a nation builder — someone who will move beyond functional, retail politics to something more inspiring.

Without supplying the necessary details, he talks of building new east-west links, energy corridors, power grids, European-styled high-speed railways. Canada, he says, has to let its imagination blossom.

Coming from famous lineage on both sides of his family, which he has often written about, Ignatieff has a romanticized view of his own life. What is apparent in True Patriot Love is that he is now seeking to extend that romanticism to his country.

A romantic in our midst? Maybe it's time. Visionary, patriot talk has been absent from the Canadian vocabulary for two decades. Big-project leaders haven't been around since Brian Mulroney and Pierre Trudeau. Jean Chretien drove a Chevy, so to speak, Stephen Harper a Camaro. Mounting his white steed, Count Ignatieff says we're not quite that boring.

Lamenting our preoccupation with the United States, he writes that "we are such captives of these worn-out clichés of dependency that we fail to grasp our newfound strength." He speaks somewhat derisively of "the logic of money." It is what has characterized our southward pull, mitigating against the nurturing of our east-west ties.

Given his expatriate background, politics requires that Ignatieff play the patriot card. But there is much to suggest that he truly believes in big-dream leadership. So much of his writing over the last three decades has been about ties that bind people. In True Patriot Love it's like he is seeking to feel Canada. Sensitivity is the hallmark of his prose style, which is sometimes evocative, sometimes overbearing. But what is clear is that he has, in fact, done a lot of thinking about this country.

Critics are already lampooning his mega-project talk as economically unrealistic. Michael the Romantic's response is that economics can't be the sole arbiter. What, he asks, would great leaders like Macdonald or Laurier tell us? They would say "the country wouldn't exist at all if the logic of money had determined our destiny."

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

The recession and challenges of churches

Ed Cowan

Reports are telling us that during this terrible recession many who have lost their jobs, their homes, their retirement savings, and even their families, are turning to their churches for faith, hope and, in some cases, charity, the three great virtues called for in the New Testament.

Faith, they continue to get plenty of, and, in some cases, some charity. But it is in the area of providing hope that they have proved to be "hopelessly" inept, incompetent, inexpert and, for all intents, mostly useless. For the first time in many decades, our churches have failed miserably when we have needed them most. Maybe it's because the current generation of church leaders have no idea of how to communicate the conviction of hope.

U.S. President Barack Obama knew. His Hope T-shirts and stickers sold and continue to be sold in the hundreds of thousands.

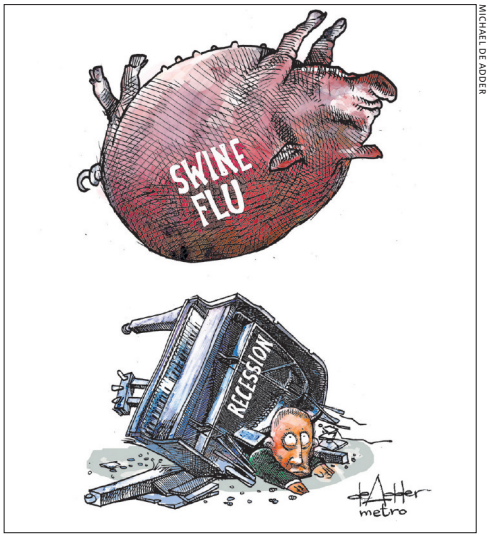
Anne Frank knew. In her legendary book, The Diary Of A Young Girl, she proclaimed, "Where there's hope there's life. It fills us with fresh courage and makes us strong."

The unfortunate inaction by churches everywhere reminds me of two 1970s moments. One was when Richard Adams introduced in his first novel, Watership Down, the now recognized word, "tharn," meaning, frozen or stupefied in terror, caught in the headlights of an oncoming disaster.

The second was when, in more than 350 newspapers with circulation of more than 10 million readers, L'il Abner cartoonist Al Capp developed the hapless character Joe Btfsplic, the world's most loving friend and the worst jinx, who always travelled with a dark cloud hanging over his head, perpetually symbolizing his and society's bad luck.

Unfortunately, this seems to be where churches are on fully understanding the message of hope, the need for hope, and the opportunity presented by hope.

Ed Cowan is a media and communications consultant.



MICHAEL DE ADDER

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SALES AGENT POSITIONS AVAILABLE

Mobile web usage rose 19.3% in March: Opera
Global mobile data traffic surged 19.3 per cent in March, the fastest pace in 10 months, but in many countries the traffic is coming from old cellphone models, Internet browser firm Opera said yesterday. Wireless operators are keen on raising revenue from Internet browsing as revenue from traditional voice calls is declining. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Can women fix the economy?

Equal gender balance in management is best, research says

It's difficult to answer if the world economy would be as bad as it is now if more women had been in charge. The economic crisis, though, could put a spotlight on what women offer as leaders who could help repair the damage.

Research from the London Business School supports the fact that an equal male-female split in a management team is best for promoting innovation in teams, said Elisabeth Kelan, who helped set up the Centre for Women in Business at the school.

"Would greater gender balance ... have produced a different outcome? Probably."
Prof. Alice Eagly, Northwestern University

Women executives say having to handle a family as well as a career gives them skills which can be useful in management.

Goal-driven (mostly male) management teams in the financial services industry have been blamed for a culture of excessive risk-taking that has crippled the global banking system.

"Would greater gender balance in decision-making have produced a different outcome? Probably," said Alice Eagly, professor and chair of pyschology at Northwestern University.

"Psychological research suggests that women are somewhat less willing than men to take risks."

Men's leadership style is known as "transactional," which is basically carrot and stick. This approach is deemed ill-suited to cutting-edge companies, where management structures are flatter and less hierarchical.

Women's management style is characterized as more relationship-based that aims to encourage and empower. Putting the two together provides a more balanced mix.

REUTERS

Toronto Airport set to expand

MARK BLINCH/REUTERS

Twelve-year-old Kaiyash (last name withheld) holds a sign as he protests the planned expansion of the Toronto City Centre Airport in Toronto yesterday. Porter Airlines said yesterday it will invest more than $45 million in a new passenger terminal at the airport as the closely held carrier looks to win a larger share of the Canadian market.

Business in brief

AUTO General Motors Corp. said yesterday it expects to reduce its hourly Canadian workforce to 4,400 by 2014 from 10,300 in 2008, mostly through previously announced plant closures, as part of its plan to return to viability.

FLU The threat of a pandemic triggered by the new swine flu strain will provide a windfall for some makers of drugs and vaccines. Switzerland's Roche Holding AG and Britain's GlaxoSmithKline Plc are the two big pharmaceutical groups set to benefit most as governments and corporations step up orders for their drugs Tamiflu and Relenza. REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Get back to basics

South of the border, our neighbours have dedicated an entire month to the importance of establishing and maintaining healthy financial habits by proclaiming April Financial Awareness Month. We thought we'd help spread the word by sharing some of our suggestions of how you can get more familiar with your finances.

Know Your Numbers

The first thing you need to do when you decide it's time to get your financial house in order is to learn about its foundation.

To do this, you will need to know your numbers. You'll need to know what's coming in each month and what's going out each month (non-fixed expenses).

We encourage you to sit down, pull out your statements, and add your numbers up. When we first did this exercise, we were shocked at how much we were spending on non-essential items and we are willing to bet that you will be too. For an easy to use template to track your spending, visit smartcookies.com.

SmartCookies

metronews.ca/smartcookies

Organize Your Debt and Build Up a Safety Net

Next, make a list of your debts owing, ranking from highest to lowest interest rate. Develop a plan on how to pay that money back, starting from the top of the list. For some of us, this meant taking on part-time jobs and contract work, or cutting out non-essentials from our spending plan, and for others it meant using the equity in our home.

Once you are debt-free, build yourself a cushion of at least four to six months salary. And make sure you are investing your money in a tax-free savings account. You work hard for your money; make sure it is working for you.

Fix Your Fico

FICO scores, the credit scores most lenders use to determine your credit risk, range from 300 to 900. The higher your FICO score, the lower risk you are considered to be to a creditor — and the less interest you'll pay.

Most importantly, you should review your credit report and know your credit score. Requesting a copy of your credit report for personal use does not affect your credit score. To order a copy of your credit score, visit transunion.ca or equifax.ca.

To keep your score high you should be making monthly payments on time, aim to have long-term credit in your name and keep your total balance owed to 35 per cent or less of your total credit available.

For more, pick up a copy of our book Smart Cookies Guide to Making More Dough. Email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

New family, new job, new taxes?

MoneyMatters

Henry offers some tax advice after marriage, which includes two children, and becoming self-employed.

Q Every year, for the past six years, I have prepared and filed my own tax return. However, I got married early last year and my new bride had two kids from a previous marriage. Additionally, I was laid off last year and rehired as an independent consultant. Should I go at it alone?

— Adrian

A The tax-filing deadline for most is midnight April 30. Self-employed individuals and their spouse have 45 days extra, to June 15, to file. The decision to engage the help of a tax professional is one that you must make yourself. Preparing a tax return can be simple but it ultimately depends on the ability of the preparer. What is simple for one, can be complex for another.

You do have several new issues such as child deductions and credits, spousal amounts and transfers, but most concerning is self-employed income.

You will need to know the tax rules pertaining to self-employed individuals. For the adventurous, here are few tips to help you not miss out on major tax savings:

Tax Credits

- All taxpayers can claim the basic personal amount of $9,600. Individuals should have no income taxes to pay, if income is less than this amount.
- Claim for spouse or common-law partner $9,600, if spouse has nil income; less if spouse works.
- Single, separated or divorced claim for children under 18 anytime during the year.
- All taxpayers can claim CPP, EI, transit and Canada employment amount (not for self-employed).
- Taxpayers can claim children fitness credit, up to $500 for each child.
- The tuition and education amount. This claim is missed by many taxpayers, particularly students that have no income and fail to file a tax return. Parents miss out on transfer credits. Students can obtain a copy of form T2202A from education institution website.

There are many other credits and deductions. Check out CRA website or get professional guidance.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

Investing

Allan Small discusses the importance of the U.S. bank stress tests. Visit metronews.ca/investing

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Thomas, Mason highlight Vezina nominees

Tim Thomas of the Boston Bruins, Niklas Backstrom of the Minnesota Wild and rookie Steve Mason of the Columbus Blue Jackets are the finalists for the Vezina Trophy as the NHL's top goaltender, the league announced yesterday. METRO NEWS SERVICES

Sports

NASCAR says fans are safe

Despite injuries to fans from flying debris, NASCAR is satisfied with its safety standards, saying the fence at Talladega Superspeedway did what it was supposed to do and kept Carl Edwards' car, left, out of the grandstands. In a spectacular last-lap accident Sunday, Edwards' car sailed upside-down into the fence. One fan remained in hospital with a broken jaw yesterday.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Brashear gets six games

Brashear

NHL The NHL has suspended Washington Capitals forward Donald Brashear six games for two separate incidents in Game 6 of Sunday's Eastern Conference quarterfinal with the Rangers. The Caps' enforcer was suspended five games for his hit on the Rangers' Blair Betts midway through the first period. Brashear caught Betts with a shoulder to the chin with the Rangers' pivot having just dished the puck to a teammate at center ice. Brashear was also hit with a one-game ban for making contact with Rangers forward Colton Orr during pre-game warmups. METRO NEWS SERVICES

Flames extinguished

STANLEY CUP
2009 **Playoffs**
(Blackhawks win series)
Blackhawks 4 Flames 1

TODD KOROL/REUTERS

Calgary Flames coach Mike Keenan and his bench look on as during the third period last night in Calgary.

LAURENCE HEINEN
for Metro Calgary

THE SKINNY: Dustin Byfuglien had a goal and two assists, while Patrick Kane scored once and set up another to lead the Blackhawks into the second round. The Flames have now been ousted in the opening round in four straight seasons.

THE KITCHEN SINK: That's only thing the Flames didn't throw at Chicago in Game 6 as they outshot the Hawks 40-14. Michael Cammalleri led the way with five shots, while every player in the Calgary lineup except for defenceman Adam Pardy had at least one shot.

THE QUOTE: Despite jeering chants of "Bulin, Bulin, Bulin" from the faithful Flames fans at the Saddledome, Chicago netminder Nikolai Khabibulin was indeed a wall in net as he made 43 saves. Todd Bertuzzi finally snuck a shot past Khabibulin 54 seconds into the final frame to spoil his shut-out bid.

THE QUOTE: "It doesn't feel good at all," Cammalleri said. "You put a lot into not only tonight, but into the whole season preparing for what we thought could have been a special run for this club."

THE GREAT GOAL: Bufyglien skated around the Calgary net and drew defenceman Jordan Leopold with him before dropping a pass to Adam Burish, who fired the puck past Miikka Kiprusoff for the game-winning goal at 10:11 of the first period.

THE NEXT GAME: While the Flames won't play again until next October, the Calgary Hitmen will host the opening two games of the Western Hockey League finals on Friday and Saturday nights, while the Calgary Roughnecks will play the Colorado Mammoth in National Lacrosse League action on Sunday afternoon (3 p.m.)

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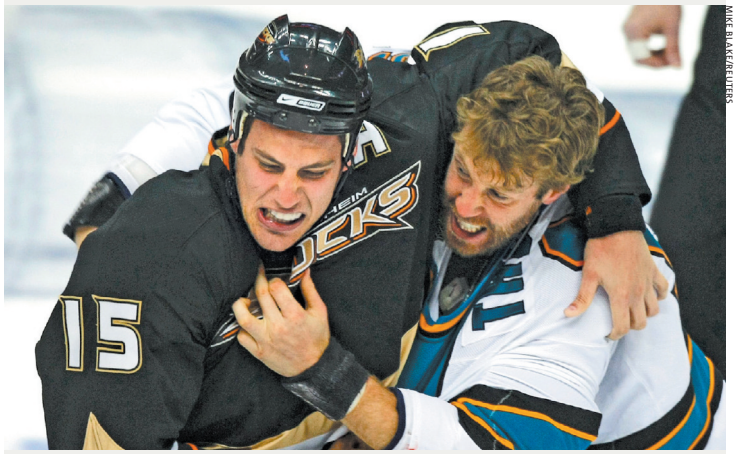

MIKE BLAKE/REUTERS

The Sharks' Joe Thornton fights with Anaheim's Ryan Getzlaf on the opening faceoff of Game 6 of their series last night. For a complete recap, visit www.metronews.ca/sports.

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Chicago 4 **CALGARY** 1
San Jose at Anaheim

TONIGHT'S GAMES
N.Y. Rangers at Washington, Game 7
Carolina at New Jersey, Game 7

NBA

YESTERDAY'S RESULTS
Atlanta 81 Miami 71
Utah 121 L.A. Lakers 63
Denver at New Orleans

Sports in brief

CFL The Edmonton Eskimos have signed free agent quarterback Jared Zabransky, the player who appeared on the cover of EA Sports' NCAA Football 08 video game. Zabransky guided the Broncos to 12-0 record in his senior year and led Boise State past Oklahoma 43-42 in OT at the 2007 Fiesta Bowl, one of the most memorable football games ever played.

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Pierse, Schmuland capture honours

UBC swimmer Annamay Pierse and University of Alberta volleyballer Joel Schmuland are CIS female and male athletes of the year. METRO NEWS SERVICES

Lee ready for NFL shot

Another CIS standout headed south

PERRY LEFKO
for Metro Canada

Running back Jamall Lee is about to fulfill a dream by becoming a professional football player, following in the footsteps of his father, Orville, more than 20 years ago.

But whereas his father commenced his career with the CFL's Ottawa Rough Riders in 1988, Jamall will start his journey in the NFL, specifically with the Carolina Panthers.

Following the conclusion of the NFL Draft Sunday, the Panthers signed the 22-year-old B.C. native as a free agent. Lee played four years with Bishop's University in Quebec, amassing more than 4,200 rushing yards and impressing people with his speed and size.

Lee had some discussions with the Panthers in the weeks leading up the draft, leading him to believe they would select him as a free agent.

"There was a lot of interest and if it was going to be only one team, it was going to be that team, but it was still amazing to hear it," he told Metro News.

"It felt great to get the phone call. This is one of the big goals, but there's many more," he added.

"You've still got to make the squad, you've got to stay healthy, you've got to make the team and work your way up. When I get down there, I've got to give them a reason for me to stay."

He leaves Thursday for the Panthers' mini-camp.

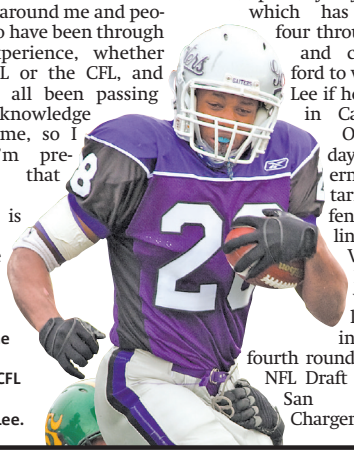
"I'd be lying if I said I wasn't nervous or anything like that, but I have a lot of people around me and people who have been through the experience, whether the NFL or the CFL, and they've all been passing their knowledge on to me, so I feel I'm prepared that way."

Lee is eligible for the CFL Draft, which takes place this Saturday.

His father was selected first overall in his draft year and was named the CFL's rookie of the year and runner-up as outstanding Canadian.

"I'd like to know what's happening in the CFL Draft because it's really still a big deal for me, but other than that I'll try to keep my mind on the task at hand," he said.

It is expected Jamall will be selected in the first round, possibly by B.C., which has picks four through six and can afford to wait on Lee if he sticks in Carolina. On Sunday, Western Ontario defensive lineman Vaughn Martin was selected in the fourth round of the NFL Draft by the San Diego Chargers.



Jamall Lee is the son of former CFL star Orville Lee.

NBA Hawks even series with Heat

HANS DERYK/REUTERS

Miami's Mario Chalmers steals the ball from diving Atlanta Hawk Mike Bibby last night. The Hawks won 81-71 to even their series at two games apiece.

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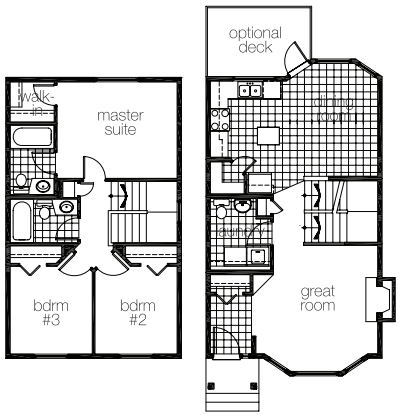

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CRANSTON

Keep it simple

When in doubt, go for simpler style choices. Remember, you're going to be adding shoes, hair, jewelry and make-up to the overall look, and when everything comes together, you want to be the focus of attention — not some single item that overpowers you. METRO NEWS SERVICES

Class of 2009

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Grads focus on colour

SHELLEY WILLIAMSON
for Metro Calgary

When it comes to prom, colours are the new black.

A perfect fit for most events, the "little black dress" has fallen from favour this year, with jewel tones from blues to purples making the grade with Calgary and Edmonton grads.

"We haven't had many asking for black at all," said Morna Robbins of Edmonton's Wedding World. "And the trend is more of the pouffy styles and long dress lengths."

Recession aside, Robbins has seen girls pay out of pocket for the "right" dress if parents won't foot the $500-$600 tab,

For some prom shoppers, nothing short of a Cinderella-inspired gown will do, but the trend has been to take hemlines up a notch.

"Shorter lengths are definitely dominating for prom," said Genny Iannucci, public relations manager for Laura Canada.

She credits celebrities hitting red carpets in higher hems and practicality. "I'm not sure if the girls care, but the dresses are something they can wear again," said Iannucci, citing prom dress price tags of $99 to $340 for Laura, Laura Plus and Laura Petites.

Purple is this year's hot hue, followed by coral, blues and pinks, while organza, jersey, crinkle taffeta, charmeuse and stretch satin are topping femme fabrics for prom. And detail is prevailing, from ruching, rosettes and belts to tiers or cascades of ruffles adding flair sure to make a girl stands out in photos and on the dance floor.

No one wants to see double at the dance, so it's perhaps no surprise Facebook groups have surfaced for calling prom dress dibs. Students from a few schools have populated the sites with photos, details and comments like "don't buy this dress please, it's mine" in an effort to curb embarrassing prom run-ins.

But it's not just the gals who care about looking their best. "We started to see guys coming in January," said Harmony Jackson of Derks Menswear, a formal wear retailer and that rents tuxedos in Calgary and Edmonton.

From pinstripes to black-on-black, it's tuxes over suits, with two-button jackets the grads' preference, said Jackson. "We do get the odd request for the blue tuxedo, which we don't carry, and some want white — which we do."

Matching is on trend, with many grad guys co-ordinating their tie (regular, not bow) and vest with their date's gown. "We are seeing a lot of guys willing to wear pinks and purples," said Jackson, adding she sees a few every year top it off with a hat.

On their feet guys are shedding sneakers for patent leather shoes. "They are going all out this year," said Jackson. "Guys are spending a lot more time deciding, really wanting to make sure it's perfect."

Blue organza dress with large rosette, $139.99 at Laura Canada.

PHOTO COURTESY OF LAURA CANADA

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Shopping tip
When shopping for your prom dress, focus on the fit. Make sure you can sit, stand, walk and dance comfortably. Use a three-way mirror to check out every angle, and bring shoes with the heel height you plan to wear that night. METRO NEWS SERVICES

Planners can help with after-party

CANDICE WARD
for Metro Calgary

It's easy for grads to let loose and have fun after prom with the help of party planners.

You've got the dress and you've got the shoes, but you have no idea what you are going to do after prom is said and done.

More important than what you wear to prom is what you do afterwards.

Since schools cannot be involved in the planning of any of the festivities, hire a professional.

"Give someone else the stress and responsibility so you can enjoy the party," says Chris Wold, owner and special events co-ordinator for Northern Light Events.

Party planners have been planning dry grads for years and know all the ins and outs of what makes a safe and fun party.

"We have the resources and we have the time," says Wold.

It may cost a little extra to hire a professional, but you will end up with a lot more than a few coloured streamers and some scattered balloons.

Companies like Northern Light Events may actually save you money on your event by passing along some of their discounted rates on essentials such as venues, DJs and rental equipment.

After grad is supposed to be a stress-free celebration, so let someone else come up with the back-up plans.

"It is going to go off without a hitch," says Wold.

If the outdoors is more your style, camping has always been a popular option.

Or you can take the party to the next level: Why should it only last one night when you can make it last the weekend?

Add a little adventure to your weekend as well by planning a whitewater rafting trip, as many rafting companies offer group rates.

"I don't think anyone who has done the whitewater rafting has come back and said they were bored," says Dianne Scott, assistant manager of Maligne Tours out of Jasper.

Along with coming up with ideas for parties, transportation is also always an issue.

Why be crammed into a limo with 12 of your closest friends, while risking wrinkling your freshly pressed suit or dress, when you and up to 40 people can dance your way to the party in a spacious bus complete with dance floor and pole.

Go the Bust Loose route and get the party started before you even hit the venue.

"It creates a totally different atmosphere," says Tyler Rygus, general manager for bustloose.com.

It is cheaper than hiring a limo and it definitely beats getting a ride from your mom.

Take it easy this grad season, be responsible and have fun.

You will want to remember your prom night forever, and you do not want to be the one remembered at your 10-year reunion for being the first one who passed out.

Safe ride

If high school movies have taught us anything, something usually goes wrong at prom, therefore a quick escape is needed. Short of hiring a getaway car, it never hurts to plan a safe ride home in advance.

Here are some options out there to ensure everyone makes it home alive:

- **Hire a vehicle.** Whether it's a limo, bus or other mode of transportation, it may cost a little extra, but you will arrive at your destinations worry-free.
- **Make arrangements with a parent or sibling.** No matter what time of the night, they will come pick you up, no questions asked.
- **Designate a driver.** Make sure it is someone you trust will not drink.
- **Keep your phone on you.** This is great if your first option falls through.
- **Always have emergency cab fare on your person.**

Also, make sure your friends have planned a safe ride before all fun begins.

— CANDICE WARD/ FOR METRO CALGARY

Hair, makeup important too

CARLA CICCONE
for Metro Calgary

Loose curls are a popular look.

Prom season is an exciting time of year in Alberta.

Not only does it introduce a new flock of grads, but it's usually a time of excitement, and even a little stress.

Getting dolled up for a night that will be documented through pictures and videos for many to see for years to come is a bit nerve-wracking, and the stakes are high for girls to find the perfect dress for the evening.

This year, clothing styles from nearly every decade have influence over fashion. Whether it's a 1920s-inspired flapper dress, full of shimmer and sass, a classic and romantic 1930s old-Hollywood style dress, or a metallic strapless 1980s-inspired number with a short hemline and lots of pouf, grads have many options that veer away from the classic ballroom gown styles.

This year, with the recession and all, a great trend to follow is looking great at affordable prices. Instead of buying an expensive dress, shoes and accessories, grads might want to opt for an affordable ensemble, but splurge a bit on one of the components — such as great accessories, or a beautiful dress.

Hair trends

Hair is all about personal taste and will depend on the dress that is chosen. If going for a decade-inspired dress, try to pair it with hair that matches that era. Although it might be best to avoid '80s hairstyles, as they are best left in the past.

It's also a good idea to look to the red carpets for inspiration. This year sees a lot of loose curls and messy but chic updos. A sleek side-parted updo is a sophisticated way to display a rocking makeup job and a killer dress.

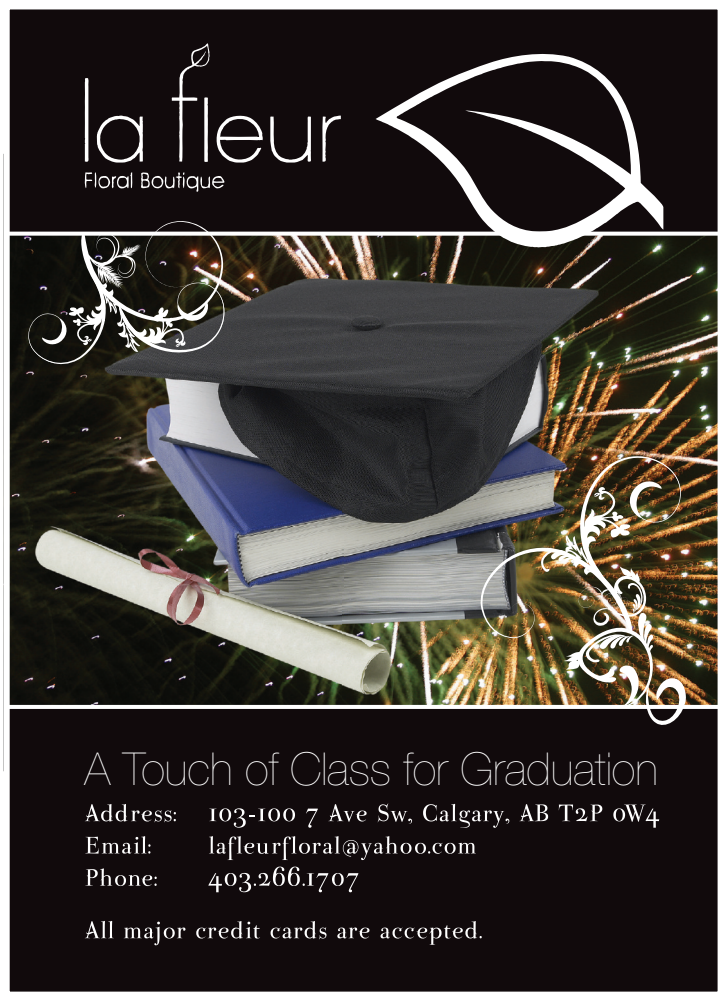
However, if grads are doing their own hair, they might want to opt for what is simplest — and practise it a few times before the big day. Gentle curls or wearing hair half up is sometimes easier to accomplish on one's own. Getting a friend that is good at doing hair to help you out is another recession-friendly grad option. If hair is not your strong point, bite the bullet and visit a stylist.

Makeup trends

When it comes to makeup, follow the "less is more" adage. Grad is the perfect opportunity to play up your best features and be a little bit more daring than you would in day-to-day life, but keep the look simple and classy.

This spring is all about fresh and minimalist makeup. Use sheer products for a dewier look, and play with spring purples, blues and greens in your eye makeup with a glossy neutral lip. If you are wearing a neutral-coloured dress and look good in red lipstick, try a nearly bare eye and a bold red pout.

If you need professional tips on which colour combinations to use, or application techniques, visit your local MAC, Shoppers Drug Mart or Sephora store and book a free makeup session with their specialists. One tip to keep in mind is if you're going for the the bold eye look, keep lips a neutral colour, and if you want to rock red or bright pink lips, go easy on your eye makeup.



Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

ISTOCK PHOTO

The spa industry still lacks a regulatory standards body, which is why it is important for spa-goers to ask questions about procedures. For instance, find out your spa practitioner's credentials.

Assess spa cleanliness

Ask about standards, credentials, advise experts

JENNIFER YANG
for Metro Canada

Sometimes when life gets too frenzied, we need to stop, breathe and duck into the nearest spa. It's the perfect refuge — after all, where else can we go to cure both our spirits and our cuticles?

But with all that steaming and soaking, spas are also the perfect refuge for germs. Just ask Paula Abdul, who made headlines in 2004 when a dirty manicure gave her a nasty bacterial infection.

But short of smuggling in Petri dishes under our terrycloth robes, how certain can we really be when it comes to spa cleanliness? In Canada, which has an estimated 3,000 spas, not even the rules are clear; mandatory spa standards have yet to be established and the industry still lacks a national regulatory body.

"As the industry's grown in leaps and bounds, we haven't really researched and paid attention to any level of standards," says Dr. Wendy Smeltzer, owner of Calgary's Santé Spa.

"It's very difficult for the public right now to go in and know if they're getting an appropriate level of cleanliness and service."

There are reputable spa associations, however, and Smeltzer is a founding member of Leading Spas of Canada, a nationwide organization of about 175 members. Having developed its own cleanliness and hygiene standards, the association is now creating a quality assurance program that will ensure spas get periodically inspected.

But for today's nervous spa-goer, Smeltzer has one tip for relaxing those worries: ask questions, lots of them. And start from the minute you walk in the door.

"Are they knowledgeable about procedures? Do they give guidance on appropriate etiquette? Did they ask you to fill out a health form?" Smeltzer asks. "Those are keys right there."

For Wanda Love, Leading Spas of Canada CEO, the devil can be in the details. If dust bunnies are collecting or towels piling up, then perhaps corners are being cut elsewhere as well.

"Just watch for little things," Love advises. "Do you see spa members washing their hands prior to the treatment? If you're walking barefoot, are they providing you with slippers? If you're getting waxing, are they double dipping their applicator? That's not something you want to see."

And for spa expert Anne Dimon, editor of traveltowellness.com, sometimes the best proof comes on paper. Don't be embarrassed to ask for your spa practitioner's credentials, she says.

"When taking your car to get fixed you need to ask the kind of experience the mechanic has," Dimon says.

what to ask

Some questions to ensure a safer spa visit:

- Did you arrive early enough? Get there half an hour before your treatment so you can survey the premises, ask necessary questions, and fill out health forms.
- Will you be using a whirlpool footbath and if so, is it being cleaned and sanitized between each use? If there are pipes attached, are they getting cleaned too?
- When it comes to paraffin wax pots, are the spatulas being double dipped? An implement should never come into contact with your skin and then be re-submerged into a wax pot.

JENNIFER YANG/
FOR METRO CANADA

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A fanny facial?
Here's a cheeky new idea: Smooth Synergy Spa in New York City is becoming known for its "fanny facial," a facial for your bum. The therapy involves exfoliation with papaya mint body scrub, then microcurrent therapy to alleviate bumps. CELIA MILNE/FOR METRO CANADA

A unique spa experience: Leech therapy

CELIA MILNE
for Metro Canada

Perhaps the most unusual spa treatment in Canada is leech therapy, offered at the award-winning Elemental Embrace wellness retreat and Ayurveda Centre in Brighton, Ont. Once you get over the "yuck" factor, you might realize leeches have a long history of healing humans. They've been used from the early Egyptian times, to Ayurvedic medicine to modern-day plastic surgery.

The saliva of leeches contains a product called hirudin, an anticoagulant, which stops the blood from clotting. These slimy worms can also suck toxic blood out of the body.

At Elemental Embrace, leeches are used for skin conditions such as psoriasis, blood diseases, tumours and unhealed wounds. "It's amazing how these blood leeches can be of great use and they always seem to know where to suck the toxic blood from," says Begum Teja, owner of the centre.

These special leeches range from about half an inch to 10 inches long and are either brown or black.

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A healthier alternative

If you're craving something sweet and nutty, dole yourself one tablespoonful of peanut butter (96 calories, 8 grams fat), and smear it onto slices of a small banana (96 calories, 0 grams fat). You'll be saving calories as well as getting some fresh fruit. **BEST HEALTH MAGAZINE**

A new product called pk24 claims to "temporarily return the vagina to a more 'youthful' physiological state."

Sexual esteem in a bottle

Products/procedures send message women need to 'rejuvenate'

The J Spot

Josey Vogels

metronews.ca/thejspot

It's bad enough that women are being sucked into shelling out gazillions of dollars on anti-aging creams to "plump," "regenerate," and "revitalize" various body parts in hopes of clinging to our clearly more socially valued youthful selves.

Now we're being told our privates need rejuvenating as well.

A new product called pk24 claims to "temporarily return the vagina to a more 'youthful' physiological state, enhancing sexual gratification for a woman and her partner."

Dubbed and, yes, trademarked "Feminine Sexual Esteem" (who knew it came in a bottle), pk24 "hydrates the interior walls of the vagina and reduces its interior dimensions."

The cream's magical hydrating power comes from aloe, a basic moisturizer, while the tightening property is thanks to potassium alum, a natural astringent used in deodorant and products to seal shaving nicks and shrink hemorrhoids. It was also a secret tool used by 19th-century prostitutes.

While I'm sure there are women genuinely concerned about their lady bits, um, sagging with age, I suspect there are other forces at work pressuring us to do something about it.

"After a lifetime of gynecological concerns, childbirth and everything else our vaginas go through, don't they deserve to relax a little?"

For example, apparently, the female developer of the pk24 overheard a bunch of guys at a party talking about "how things had loosened up down there."

And, thanks to a very media savvy Dr. Matlock, the cosmetic surgeon behind The Laser Vaginal Rejuvenation Institute in Beverly Hills (and featured on Dr. 90210), vaginoplasties — a $4,500–$8,000 vaginal tightening surgery — are increasingly popular.

The American Society of Plastic Surgeons reported that "vaginal rejuvenation" surgeries jumped from 793 in 2005 to 1,030 in 2006. This despite the fact that the American College of Obstetricians and Gynecologists have warned that the methods are unproven and potentially risky.

At $60 a bottle, pk24 is certainly safer and relatively cheaper than surgery. It also has a better-sounding name than some of its competitors like Instant Virgin or Liquid Virgin.

And while it's aimed at women "experiencing vaginal relaxation — generally, the result of childbirth and aging," I can't help wonder: After a lifetime of gynecological concerns, childbirth and everything else our vaginas go through, don't they deserve to relax a little?

For more info, go to pk24.com.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Participants Needed for Online Sleep Aid Survey

Researchers at the University of Toronto and the University of Guelph are conducting a study of consumers' views on aids used to treat sleep difficulty. Interested consumers who have experienced difficulty sleeping during the last two years are invited to participate in an online survey. Individuals completing the survey will be entered into a draw to **win $1,000** (the draw will be made Summer 2009).

Please contact the study coordinator Natasha Kachan at natasha.kachan@gmail.com or 416-946-7840 if you are interested in participating in this survey.

UNIVERSITY OF TORONTO
LESLIE DAN FACULTY OF PHARMACY

Spa smarts: Ensure your money is well spent

ANNA HOBBS
for Metro Canada

Whether you're headed for an indulgent treatment at a day spa or a weekend of revitalization, here are some tips on how to ensure your money is well spent.

Ask before you go

Taking time for yourself is a luxury, and you don't want it to be anything less than perfect. So start out by settling some basic matters. "When you make the appointment, ask questions such as 'Are robes and slippers supplied? Should I bring a swimsuit?'" advises Liz Conway, marketing director of Premier Spas of Ontario.

Fill out forms

Reputable spas require clients to complete a health assessment form prior to treatment. Some establishments go even further, requiring that therapists sign that they have read it.

Skip the makeup

If having a facial, avoid wearing makeup (if possible) both before and after. Unless it's absolutely necessary, don't wash your hair immediately after a scalp massage. Let the massage oil work its magic for a few hours.

Turn off your cellphone

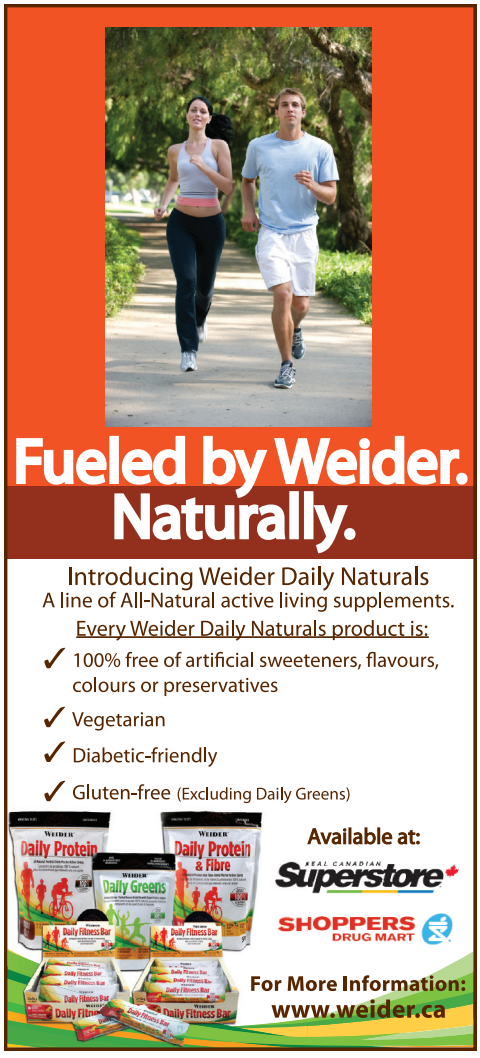
Come prepared not only to enjoy your spa experience, but to make the very most of it. "Check your worries and your BlackBerry at the door," recommends Kelly Jamieson, manager of Zest Spa at The Westin Nova Scotian Hotel in Halifax.

Extend your day spa visit

With a day spa, find out if there are extras such as a hot tub, swimming pool, sauna, gym and relaxing lounge, so you can extend the experience and its benefits.

Express your thanks — or not

While the amount of any tip is up to the individual client, the spa industry norm is 15 per cent.



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Spears' boyfriend charged
Casey Aldridge — the father of Jamie Lynn Spears' 10-month-old daughter Maddie — has been charged with careless operation of a motor vehicle, a misdemeanor, after a single-car crash on Sunday, TMZ reports. USMAGAZINE.COM

Entertainment

Tech support
Hilary Duff has to be supervised when using the Internet. Duff struggles with technology and asks her boyfriend, Ottawa Senator Mike Comrie, to help when surfing the web. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Death Row's new life

Canadian company takes over groundbreaking rap label

JASON RICHARDS
for Metro Canada

No one was more surprised than Lara Lavi when her fledgling label, WIDEawake, beat out the considerably more major Warner Music Group at the bankruptcy auction for Death Row Records in January.

"I honestly wonder what happened there," Lavi says. "We thought they were going to aggressively outbid us. Maybe they thought the sky was the limit for us."

After spending $18 million, WIDEawake now has the gangsta rap-pioneering label's whole catalogue (including classic and unreleased material by Tupac Shakur, Dr. Dre and Snoop Dogg) at its disposal, and the limit really is the sky. If they wanted, they could licence those records ad nauseam to anyone and everyone. Thankfully, the new label has no intention of lowering that music's integrity.

"It's not going to be a case of us saying let's make a Barry Manilow-Tupac remix album," assures WIDEawake's vice president John Payne, who was a studio engineer during Death Row's early days.

"Or a Fergie-Tupac record," Lavi adds.

Which is a relief for the late rapper's fans, who had to witness Tupac's legacy watered down by a stream of poor posthumous releases slapped together in the years following his death.

But even if Lavi and Payne changed their tune and decided to bless Fergie with a Tupac ghost vocal, they'd be met with a share of resistance. Ever since the Death Row purchase, WIDEawake's staff has been inundated with messages from people who care deeply about the catalogue's fate.

GETTY IMAGES

FILE PHOTO

Toronto-based WIDEawake acquired rap label Death Row Records in Januray for $18 million. The company now controls a catalogue that includes material by Tupac Shakur, above, Snoop Dogg, left, and others.

"Everybody has been telling us what and what not to do, kindly, and sometimes forcefully," says Payne.

> **"The catalogue is far more vast than anyone had realized."**
> John Payne

And while WIDEawake promises to move forward respectfully, down to seeking feedback from every artist concerned, obviously there's tremendous market potential for all the material they now own.

In addition to a storage room in Los Angeles that Lavi compares entering to "walking into the end of the Raiders Of The Lost Ark," Death Row boasts a seemingly infinite supply of video footage and roughly 4,000 more songs discovered in Michigan.

"The catalogue is far more vast than anyone had realized," says Payne. "There's R&B. There's gospel. There's things that people wouldn't assume when they think 'Death Row.' So there's gonna be a lot more surprises, some very very good surprises."

Naturally, WIDEawake intends to harness the internet's power to deliver said surprises. Expect an online portal, which will feature a Death Row TV channel to feature artists and exclusive tracks, as well as message boards for interaction among the label's community of fans.

And it is ultimately all about community for Lavi and Payne, in terms of the stable of artists Death Row had developed over the years as well as potential newcomers to the label. WIDEawake sees the future of Death Row as an opportunity to get past the negativity of gangsta rap turf wars that had overshadowed the label's original goal — making good music.

Says Payne, "We just want to get back to the original intent."

Michael Keaton makes debut as film director

MOVIES After more than 30 years working as an actor, Michael Keaton makes his debut this week as a feature film director with the dark, independent drama The Merry Gentleman.

Michael Keaton

Keaton, 57, best known for his roles in films such as Batman and Beetlejuice, said despite many offers to direct over the years he hadn't felt ready to helm a movie or to take on the workload required.

"It's such an enormous amount of work. But I like the work, I enjoy the work," Keaton told Reuters in a recent interview. The Merry Gentleman opens in U.S. theaters on Friday.

"Next time I would probably give myself the luxury of a little more time and hopefully a little more money. I would like to do it again," he said.

Once Keaton agreed to direct and star in The Merry Gentleman, in which he plays a suicidal hit man who befriends a woman running from a troubled marriage, there was no turning back.

"That ended up possibly being a blessing in disguise," said Keaton. "We didn't have the luxury of 'umming and ahhhing' over anything or thinking about things. You just had to go." REUTERS

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Undead Evan

Evan Rachel Wood will play a vampire queen on the second season of HBO's True Blood. Wood will play the Queen of Louisiana, a 400-year-old vampire who rules over the undead world residing in the Bayou State. **TVGUIDE.COM**

Six Degrees of a guitar-pop band

Musical connections are key to The Pains of Being Pure at Heart

ROB McMAHON
for Metro Canada

The Pains of Being Pure at Heart are one hyper-linked band. While their nostalgic guitar pop stands strong enough alone, you can crack each song open to find a labyrinth of references and shout-outs: a technique singer-guitarist Kip Berman ascribes in part to the late Kurt Cobain.

"Bands when I was growing up (did that). I remember Nirvana, back when I was a 14-year-old, got me to check out the Vaselines," he said. "I probably wouldn't know about the Vaselines if Kurt Cobain didn't say their name every 10 seconds."

The band's song Contender isn't about Robert De Niro's and Marlon Brando's speeches in Raging Bull and On the Waterfront, but rather to Exploding Head and its track I'm a Pretender, which soundtracks shared memories for Kip and bassist Alex Naidus. The drums on Gentle Sons recall the caveman drumming of the Jesus and Mary Chain's Psychocandy, which in turn offered a fuzzy, noisy re-interpretation of the "wall of sound" production style of '60s girl groups and the Beach Boys.

The Pains of Being Pure at Heart are passing past musical references on to younger listeners.

"We're all big fans of pop, and (are) a lot of antecedents to our music, so we drop in references to stuff we're fans of," he said. "We're hoping to pass on (references) to young listeners who maybe haven't heard them yet."

Asked if the band's digital career paths (Naidus reviews Canadian releases for a music website and keyboardist Peggy Wang-East aggregates online trends) impacted their songwriting, Berman said not consciously.

But upon reflection, he said the band's approach — an interest in "hyperlinking" sounds and in archiving older music — fits closely with web culture. "Now that I think about it, yes," he said. "(It's been amazing) meeting people from bands who are a big influence to us, but are not well-listened to.

> **"There (are) a lot of antecedents to our music, so we drop in references to stuff we're fans of."**
> Kip Berman

Some maybe put out an album in 1987, or maybe two singles, and then wondered if anyone ever heard them, if people cared. We want to show them we (did)."

Given Naidus' job sifting through Canadian releases, the band maintains a steady flow of Canuck tunes. So Berman gave shout-outs to some favorites: Early Stars, the Dears, Women and most of all, Dan Bejar's Destroyer.

"Destroyer writes the best pop songs about pop. They're wonderfully self-referential in a non-indulgent way," said Berman.

"(Bejar) uses other people's lyrics and song names, but not like stealing or anything. He's working with them in his own way — repurposing them for different uses... he's about as good as it gets."

Swine flu fears shutter movie theatres around Mexico City

FILM The swine flu outbreak in Mexico has forced the nation's top movie-theatre chains to shut down dozens of cinemas throughout the nation's capital.

Market leader Cinepolis said its theatres in Mexico City, the surrounding state of Mexico and the northern state of San Luis Potosi will be closed "until further notice." Cinepolis rival Cinemex also has closed numerous theatres in the region until at least today. Cinepolis and Cinemex operate 13 of the nation's 25 most profitable theatre complexes.

On Friday, the government shuttered schools, state-run theatres and museums, and apparently they will remain closed this week. Numerous concerts, cultural events and stadium events have already been cancelled.

According to the National Film Chamber, Mexico ranked 13th worldwide in box office receipts last year. Fox's X-Men Origins: Wolverine is slated to open in theatres Friday.

REUTERS

The Pool an emotional well

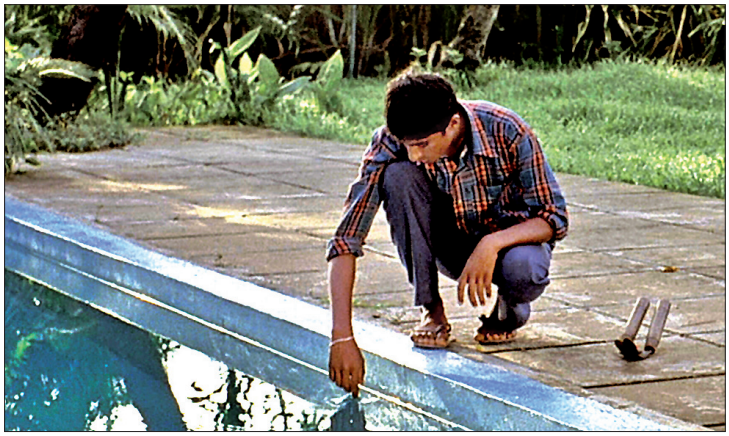
CHRIS ALEXANDER
for Metro Canada

As both the Italian Neorealist and French New Wave movements proved, there is a great pleasure in simply observing people intimately interacting within their natural environments.

And like the landmark early films in those respective subgenres — stuff like The Bicycle Thief and The 400 Blows — the critically celebrated Goa-set film The Pool embraces stripped down aesthetics and a meandering tone in a deceptively simple tale of class struggle.

But although the movie examines life on the often-mean streets of the beautiful but impoverished city of Panjim, India, it might come as a surprise that the creative force behind this elegant drama is in fact an American.

Chris Smith is a documentary filmmaker whose most noted effort is the quirky and subversive portrait of ineptitude, American Movie. The Pool is his first stab at narrative feature filmmaking.



The Pool, which marks a radical departure for filmmaker Chris Smith, opens this Friday.

Movie **feature**

"In 2003 I was in Panjim helping a friend shoot a movie," recalls Smith, "and was so taken by the people that I decided to set The Pool there and adapt it to that culture. I tried to make the film connect on an emotional level which, having never done a film like this, was challenging and a radical departure."

Loosely based on the Iowa-set short story by Randy Russell, The Pool tells the moving and instantly absorbing tale of Venkatesh (Venkatesh Chaven) a working class Indian boy who becomes obsessed with a wealthy family's luxurious swimming pool and vows to do whatever it takes to swim in it.

Stunningly photographed by Smith and utilizing a cast of mostly non-actors, The Pool is ultimately about the universal journey that all of us are on.

"The idea is that Venkatesh starts out with a goal but the bonds he develops become more important to him," says Smith. "And that's often how it works for all of us. On the way to reaching your set goal, anything can change."

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metro

Leachman joins medical drama

Cloris Leachman is checking into the hospital at the heart of HawthoRNe, TNT's new medical drama premiering Tuesday, June 16, and starring Jada Pinkett Smith and Michael Vartan. TVGUIDE.COM

Cowell 'embarrassed'

Simon Cowell admits he didn't see Susan Boyle's rampant success on Britain's Got Talent coming.

"I wouldn't have sat here five weeks ago and said the person to watch out for is Susan Boyle," Cowell said in Los Angeles recently will promoting this summer's American version of the TV show.

"We were all guilty on the panel of judging her before she sang and got it completely and utterly wrong. And you watch it back, and it's embarrassing."

But with all the hubbub about the 47-year-old's recent makeover and her underdog story, Cowell worries people are losing focus on what really matters.

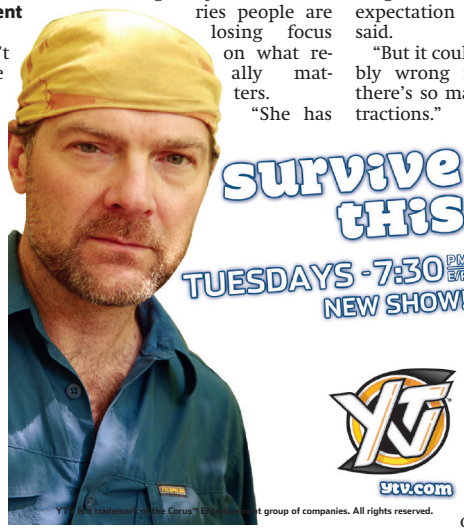
"She has got four weeks to prepare for the biggest night of her life ... she's got to sing better than she sang before with all that expectation on her," he said.

"But it could all go horribly wrong now because there's so many other distractions."

But is Cowell jealous of the fact that Boyle, who has reportedly never been kissed, has said she'd prefer fellow judge Piers Morgan over him for that first smooch?

"Yes, it's kept me awake at night, that one," he said. joked.

NED EHRBAR/ METRO WORLD NEWS



Entertainment in brief

TV Pamela Adlon, who provides the voice of youngster Bobby Hill on King of the Hill, will star opposite Adam Carolla on the CBS family comedy pilot Ace in the Hole. Carolla plays a husband and father who works as a driving instructor. Adlon will play his caring wife, a nurse and mother of two.

REUTERS

DVD picks

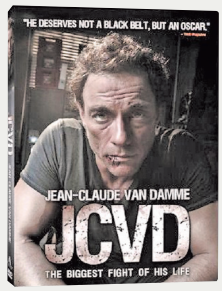
JCVD

Director: Mabrouk El Mechri

THE SURPRISINGLY soulful JCVD takes it to a whole other level of fun and fascination with a Rashomon-like story wherein Van Damme plays himself as an action hero in decline — not far from the truth, in other words — whose life become far more complicated than any movie plot he's ever put his name to.

He's in the midst of a rancorous child custody dispute, battling a duplicitous agent and jousting with eternal rival Steven Seagal (who stole a movie role Van Damme wanted by agreeing to cut off his ponytail). Returning to home turf Brussels for some necessary head clearing, Van Damme gets caught up in a hostage-taking incident at a post office. Both the bad guys and the good guys think Van Damme is really being Van Damme. Except he's not.

Writer-director Mabrouk El Mechri keeps us guessing as to what is really going on, and Van Damme is completely in on the joke



— but is it really a joke?

Too bad Van Damme doesn't take the self-deprecation one step further by offering a DVD commentary, but maybe that would be too much introspection. The extras are just deleted and extended scenes.

Bride Wars

Director: Gary Winick

DEDICATED TO the notion, like so many rom-coms before it, that even the most sensible woman turns into a Bridezilla once an engagement ring is slipped onto her finger, Bride Wars has the added misfortune of seeming wholly out of touch with recessionary times.

Could there be a more vulgar or trivial premise than two "best friends forever" who scratch each other's eyes out because each wants to spend a fortune on lavish weddings on the same day?

Some girls dream of forging world peace or finding a cure for cancer. Not school teacher Emma (Anne Hathaway) and corporate lawyer Liv (Kate Hudson), who hardly care what man they land as long the nuptials occur in June in New York's luxurious The Plaza Hotel.

A mistake by Manhattan's top wedding planner, Marion St. Claire (Candice Bergen), results in both weddings — gasp! — being booked into the Plaza on the same day. Emma and Liv morph into stop-at-nothing rivals, each vowing to sabotage the other's special plans.

Bride Wars is overlong and episodic, which is what you'd expect from a committee of writers, but it's passably amusing.

Extras include deleted scenes and a featurette about wedding dresses.

TORSTAR NEWS SERVICE

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/28/09	267	351 - ACCESS	Alberta Primetime (Live)		Without a Trace (N)		Reaper (HDTV) (N)		Dancing With the Stars		Primetime
	243	317 3 CFCN	etalk	Hollywood	Law & Order: SVU		American Idol		(10:01) Fringe (N)		News (N)
	-	- 4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	According-Jim	According-Jim	Dancing With the Stars		Cupid (N)
primetime	245	306 6 CBRT	TBA	TBA	To Be Announced		To Be Announced		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	90210 (HDTV) (N)		NCIS "Legend" (N)		Cold Blood "Disturbed"		News Hour
	246	- 8 CKAL	Law & Order: SVU		Rita Rocks	Friends	According-Jim	According-Jim	Curb-Enthsm	Friends	Your City
	119	705 9 CBXFT	Squelettes	La Facture (N)	Beautés désespérées (SC)		Les Galas 2007 du Festival		Le Téléjournal et Les Nou		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News (N)	Hollywood	The Doctors		NCIS "Legend" (N)		The Mentalist (HDTV) (N)		Without Trace
	-	374 14 KSPS	NewsHour With Jim Lehrer		Nova (HDTV) (DVS)		Wild! (DVS)		Frontline (N) (DVS)		Independent
	502	390 15 CBC	CBC News: The National		CBC News: The National		CBC News: The National		CBC News: The National		Planet Earth
	-	370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)				Law/Ord SVU
	-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)		(10:01) Fringe (N)		News (N)
	297	652 37 WPIX	90210 (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400 21 TSN	NHL Hockey	NHL Hockey	SportsCentre (HDTV) (Live)			In This Corner	UEFA Champions League Soccer: Semi.		
	408	418 27 net	MLB Baseball		MLB Baseball		Sportsnet Connected		Sportsnet Connected		MMA Conn
	410	403 30 SCORE	NBA Basketball: Teams TBA		Score Tonight		Hardcore Hockey Talk		Final Score	Final Score	Final Score
	411	457 44 OLN	Mantracker		Bounty Hunter	Bounty Hunter	Departures		Mantracker		Bounty Hunter
	417	406 48 SPEED	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!
family	552	543 20 YTV	Drake & Josh	iCarly	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach
	557	541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545 67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken
	575	583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Jessica	Kellie Pickler	Home Improve.	Home Improve.	Reba
	553	546 17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	- 18 CHTV	The Insider (N)	E! News	Dr. 90210		The Biggest Loser (N)				News (N)
cable variety	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Remedy Me	Keep Real	Style by Jury	Style by Jury	Naked Beauty
	521	560 24 TLC	18 Kids-Count	18 Kids-Count	Extreme Aging: Hayley's Story		Lottery Changed My Life II		18 Kids-Count	18 Kids-Count	Extreme Aging
	603	561 25 FOOD	The F Word		Good Eats	Good Eats	Iron Chef America		Unwrapped	Unwrapped	The F Word
	615	520 26 A&E	The First 48 (HDTV)		Manhunters	Manhunters	Manhunters	Manhunters	The First 48 (HDTV)		The First 48
	617	522 32 SHOW	Wife Swap		The Outer Limits		Mutant X "Interface"		Testees	Trailer Park	Saving Grace
	601	562 33 SLICE	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp
	-	633 34 ENC2	*Live & Let Die*	(7:25) *Beyond Redemption* ★★ (1999)			*Hush* ★ (1998, Suspense) Jessica Lange.			(10:35) *Mother's Boys* ★	
	520	505 35 DISC	Destroyed	Time Warp (N)	Deadliest Catch (N)		Daily Planet		Destroyed	Time Warp	Deadliest
	620	523 36 BRAVO	Scotty Moore & Friends: A Tribute to the King				Law & Order "Gaijin"		Without a Trace		*All About Mthr*
	294	650 40 WPCH	MLB Baseball		Home Videos	House-Payne	Seinfeld	Family Guy	Family Guy	Cheers	Friends
	626	547 41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Roast
	-	539 42 TCM	(6) *They Died With Their Boots On*			*Sweethearts* ★★★ (1938, Musical) Jeanette MacDonald.				*One Night of Love* (1934)	
	628	584 43 SPIKE	UFC Unleashed		Deadliest Warrior (HDTV) (N)		The Ultimate Fighter (HDTV)		CSI: NY "Jamalot"		Warrior
	522	516 45 HIST	Crime Stories		NCIS "Stakeout"		Sandhogs "Job Security"		Crime Stories		NCIS
	627	528 46 SPACE	(6) *Star Trek III: The Search for Spock*			Watchmen	Stargate SG-1		Star Trek: Next Gener.		*Star Trek III*
	-	- 47 AMC	(6) *Night Passage*		*Sleeping With the Enemy* ★★ (1991, Suspense)				*Blown Away* ★★ (1994, Suspense)		
	619	525 49 TROP	What Happen?	What Happen?	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy
	600	564 50 HGTV	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes on Homes		SarahCottage	Design Inc.	HGTV's Top 10
	501	391 52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
	526	507 92 VIVA	Missing "Truth or Dare"		Encounters	In Dreams	Psychic Inv.	Encounters	Judging Amy		Missing
	269	350 93 APTN	Wings-Canada	Storytellers	Wapos Bay	Cashing In	Fish Out	Mixed Blessing	The Rez	Rabbit Fall	Moccasin Flats
	-	- 94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz
	571	581 100 MMM	Hogan Knows	Hogan Knows	Entourage	Gene Simmons	(9:03) The Daily Fix		Hogan Knows	Hogan Knows	Entourage
	570	580 101 MM	CollegeHmr	Video on Trial	Degrassi: TNG	Degrassi: TNG	MuchOnDemand		CollegeHmr	Video on Trial	MuchVibe
	581	566 102 MTV	Beatdown	College Life	College Life	Beatdown	MTV Live	After	Fantasy Fact.	Nitro Circus	College Life

critics' corner

Scotty Moore & Friends: A Tribute to the King of Rock and Roll

Who's Scotty Moore? Ask the nearest Elvis Presley fan. Tennessee-born Moore is a guitarist who played with Elvis back in the day, starting with his first hit, "That's All Right (Mama)" in 1954. Moore gathers some other musical legends to perform Presley's music, including Eric Clapton, David Gilmour, Mark Knopfler, Ron Wood and Bill Wyman. 7 PM on BRAVO

NCIS

The death of a Marine leads Gibbs and McGee to the NCIS Office of Special Projects in Los Angeles, where the investigation quickly assumes vital importance. Chris O'Donnell and LL Cool J guest star in "Legend (Part 1)," which also is the pilot for an "NCIS" spinoff. 9 PM on CICT KREM

Fringe

After severely mutilated bodies drained of their spinal fluid start piling up, the Fringe Division's investigation leads to a scientist who may have ties to the Z.F.T. bioterrorist cell. Olivia, Peter and Walter take drastic measures to stop the accelerating murders in the new episode "Midnight." 10:01 PM on CFCN KAYU

Mad Men star starts company

PRODUCTION Actors Jon Hamm and Jennifer Westfeldt have formed a production company the couple hopes will see them collaborating behind and in front of the camera. Hamm has become a hot commodity by starring as mysterious advertising executive Don Draper in the AMC critical darling Mad Men.

MTV planning fashion contest

TV MTV is getting into the fashion-competition space with a new project from the producers of The Real World. The network is set to announce a series order for The Stylist today during its "upfront" presentation to advertisers.

REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

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metro BIRKS ALLIANCE

No purchase necessary. Contest open to Canadian residents of legal age, excluding residents of Quebec.Contest closes May 7th at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details,visit www.metronews.ca.

Kate joins Entourage cast

Kate Mara will be joining the cast of Entourage this season, tvguide.com has confirmed. The young actress will play E's new assistant at his fledgling talent-management company, and perhaps his love interest as well. METRO NEWS SERVICES

Celebrity Buzz

Miley channels the Bard

CAREER Miley Cyrus performed Shakespeare sonnets to prepare for Hannah Montana: The Movie, femalefirst.co.uk reports.

Director Peter Chelsom made the 16-year-old star follow drama school teaching techniques to keep her focused on her scenes, including avidly studying the Bard's famous works.

"We did stuff before we started filming that was just the kind of stuff you'd do at drama school, you know," he said. "Did I give her a detention? No. I made her read a sonnet though. A Shakespeare sonnet. She said, 'Oh no I can't.' I said, 'Let's do it because it'll be the most difficult thing you'll ever do.' We did all that kind of stuff. It was remarkable.

"We used to have this code where I would say, 'This means focus, because I don't want to have to shout at you across the set!'"

Despite her young age, the 53-year-old British director is convinced Miley has a successful career ahead of her.

He explained: "I think she has a real range, I think she's capable of like a Juno film, I think she's capable of that, and I think she's here for the long run."

Meanwhile, Cyrus took to her Twitter account to clear up rumours that she's getting back with ex Nick Jonas and dumping boyfriend Justin Gaston.

"It makes me sad to think that people out there aren't friends with their (ex-boyfriends), because let me tell (you) it is possible," she wrote. "Justin and Nick are two very amazing people and they both mean so much to me."

METRO NEWS SERVICES

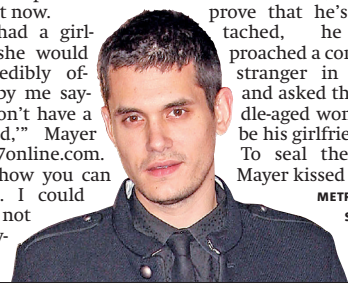
John proves singledom

PEOPLE John Mayer swears he's single, usmagazine.com reports. Despite rumours that the singer has found a new girlfriend, Mayer tells paparazzi that there's no special someone right now.

"If I had a girlfriend, she would be incredibly offended by me saying, 'I don't have a girlfriend,'" Mayer told x17online.com. "That's how you can be sure. I could say, 'I'm not with anybody.' That'd be a death wish if you were the woman."

People reported Friday that Mayer has been spending time with cocktail waitress and actress Scheana Marie, but to prove that he's unattached, he approached a complete stranger in a car and asked the middle-aged woman to be his girlfriend.

To seal the deal, Mayer kissed her.



METRO NEWS SERVICES

Lindsay and Sam stage comeback?

RELATIONSHIP Looks like Lindsay Lohan and Samantha Ronson may be heading for a comeback. The two have apparently been meeting up on the sly, first with Ronson spotted leaving Lohan's house at 6 a.m. after spending the night, and then with Lohan showing up at Ronson's the very next night, according to Hollyscoop.

Coincidentally, Ronson changed her Facebook relationship status from "single" to "it's complicated" around the same time.

GETTY IMAGES

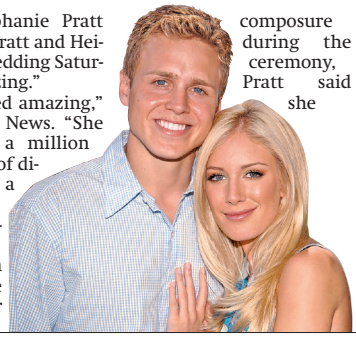
METRO WORLD NEWS

The dish on Speidi's wedding

MARRIAGE Stephanie Pratt says Spencer Pratt and Heidi Montag's wedding Saturday was "amazing."

"Heidi looked amazing," she told MTV News. "She was wearing a million dollars worth of diamonds over a strapless Monique Lhullier dress."

Even though the couple kept their composure during the ceremony, Pratt said she couldn't help but get emotional.



"I was up there, and her back was towards me, so I don't know if she was crying," said Stephanie, who was a bridesmaid. "But she was getting mad at me if we would start crying so that she wouldn't start crying."

As for her brother? "He was really good," Pratt said. "He was really happy."

METRO NEWS SERVICES

Britney mediates Dolls

DISPUTE Tensions are heating up among the Pussycat Dolls over speculation that lead singer Nicole Scherzinger is planning to go solo.

"It's like a modern-day version of the Diana Ross and the Supremes thing," a source tells the Chicago Sun-Times. But the group has found an unlikely mediator for their dispute: Britney Spears, who has the group opening for her on the North American leg of her tour. "Remember, business comes first," Spears reportedly lectured the girls recently. "You can hate each other offstage, but make it work onstage."

METRO WORLD NEWS

Brangie put stop to tell-all book

LEGAL Former celebrity bodyguard Mickey Brett was set to tell all about former clients such as Tom Cruise, Nicole Kidman and Richard Gere, according to proposals obtained by Rush & Malloy.

But once Brad Pitt and Angelina Jolie got wind of the projects — which would dish dirt on them — their lawyers quickly put a stop to it. Their attorney, Marty Singer, says Brett's a "pathological liar" who faked a British SAS military history, among other things.

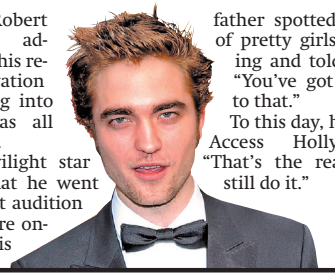
METRO WORLD NEWS

Robert in it for the girls

CAREER Robert Pattinson admits that his real motivation for getting into acting was all the ladies.

The Twilight star admits that he went to his first audition at a theatre only after his father spotted loads of pretty girls arriving and told him, "You've got to go to that."

To this day, he tells Access Hollywood, "That's the reason I still do it."



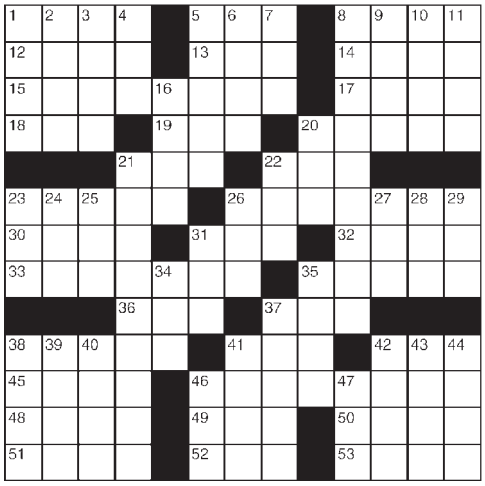
METRO WORLD NEWS

Today Some flurries 2 C / -4 C
Wednesday Partly cloudy 5 C / -5 C
Thursday Partly cloudy 10 C / -5 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

Take Five



Crossword across

1 Put together
5 Sleeve filler
8 Bloke
12 Godmother, often
13 Halloween shout
14 Judicial raiment
15 Medieval weapon
17 Terminer partner
18 Corrode
19 Household member
20 Biblical poem
21 Weep
22 Petrol
23 Bride's stuff
26 Showy display
30 Allegheny + Monongahela
31 Hula hoop, e.g.
32 Pedestal occupant
33 Lab creation?
35 AKC category
36 Scatter seed
37 Colouring
38 Sad look
41 Gear tooth
42 That girl
45 Stromboli spillage
46 Saw type
48 List-end abbr.
49 Weeding tool
50 Cougar
51 "Wunnerful" bandleader
52 Unfriendly
53 Pumps up the volume

Crossword down

1 Spiked club
2 Ambience
3 Entanglement
4 UFO crew?
5 Westminster, e.g.
6 Source
7 Tend the lawn
8 Rapid, heated exchange of words
9 Georgetown athlete
10 First victim
11 Hair salon request
16 Agile
20 Zero-star review
21 Pedestrians' place
22 Peregrinate
23 Comic DeLuise
24 Discoverer's cry
25 Triumph
26 Distant
27 Expert
28 Shad product
29 Remnant
31 Hardly any
34 Heavy weight
35 Elmer's annoyer
37 Nonsense
38 Took off
39 Assess
40 Ellipse
41 Gator's cousin
42 Pond gunk
43 Igor's deformity
44 Greek vowels
46 Windy City, for short
47 Masseur's workplace

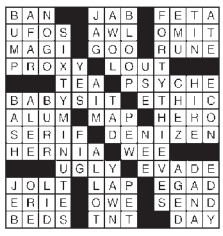
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1		4					
		5		9				4
		6		5	8	2	1	
		9						6
	5	1		4		8	2	
6						7		
	3	7	9	2		4		
8				6		3		
					5		7	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



4	8	1	5	9	2	3	6	7
7	2	3	4	6	8	9	1	5
5	6	9	7	1	3	8	2	4
1	5	6	8	4	9	2	7	3
2	3	8	1	7	6	4	5	9
9	4	7	3	2	5	1	8	6
3	1	2	6	5	4	7	9	8
8	9	5	2	3	7	6	4	1
6	7	4	9	8	1	5	3	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Arabian-Style Beef with Flat Bread

INGREDIENTS:
1 cup (250 ml) pine nuts
1 tbsp (15 ml) olive oil
1 large onion
1 lb (450 g) lean ground beef or lamb
1 tbsp (15 ml) ground cumin
1 tsp (5 ml) ground allspice
1 can (10 oz / 284 ml) chopped tomatoes
Bunch of coriander
1 cucumber
1/2 crisp lettuce
TO SERVE:
3/4 cup (175 ml) sour cream, 8 soft flour tortillas or pita breads
METHOD:
1. Preheat oven to warm the bread. Dry-fry pine nuts in large frying pan, shaking and stirring frequently until lightly browned. Transfer to bowl and set aside.
2. Add olive oil to pan and heat slowly. Halve, peel and chop onion, then fry over moderate heat until softened, 3 minutes. Add meat and fry until brown, stirring to break up lumps. Stir in cumin, allspice and tomatoes and their juice and simmer 10–15 minutes, stirring occasionally.
3. Rinse, dry and chop enough coriander to give 4 tbsp (60 ml) and set aside. Rinse, dry and chop cucumber; rinse, dry and shred lettuce. Place in separate serving bowls. Put bread into oven to warm.
4. When the meat is cooked, stir in coriander and pine nuts, heat through, then transfer to serving bowl. Put bread into napkin-lined serving basket to keep hot. Serve immediately.
SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Yield to practicalities if a player leaves you stranded. Money is an issue with an unexpected bill. Colossal obstacles will flabbergast you.

TAURUS ♉
APRIL 21-MAY 21
A financial temptation is presented. Unlikely events cause heads to spin. An obnoxious elder causes you to respond truthfully.

GEMINI ♊
MAY 22-JUNE 21
Fear turns to happiness after an act of kindness. You're not living in denial anymore. Take time to reflect on your actions.

CANCER ♋
JUNE 22-JULY 22
A sudden attraction heightens tension. A stranger's remark reveals a plan for success. Be prepared to discover who is at fault.

LEO ♌
JULY 23-AUG 23
A liar has a big payback. Understanding an issue will free you from inconsistent behaviour. Don't try to enforce a diet.

VIRGO ♍
AUG 24-SEPT 22
A love affair restricts your movements. Boasting causes a major crisis. An amazing adventure is unfolding before your eyes.

LIBRA ♎
SEPT 23-OCT 23
A narcissist gets trapped by flattery. A stubborn person creates disharmony. Good fortune comes through travel.

SCORPIO ♏
OCT 24-NOV 22
Pay close attention to a mystifying message. Time passes too quickly to have a revelation. Something exciting will happen.

SAGITTARIUS ♐
NOV 23-DEC 21
Treat meddling people kindly. Avoid annoying anyone who could do you a favour. Watch out for wonderful opportunities that arise.

CAPRICORN ♑
DEC 22-JAN 20
A respected man tries to undermine your reputation. There'll be a problem with shoes. Don't pretend to be unconcerned.

AQUARIUS ♒
JAN 21-FEB 18
A friend is tired of living a predictable life. Bail someone out of bad situation. A woman risks falling under a love spell.

PISCES ♓
FEB 19-MARCH 20
A team puts up a roadblock. Independent action soothes your soul. Concentrate on optimism in an uncertain venture.

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